

Cream Style Corn Bread

Rating: ★★★★★

Makes: 6 Servings

Low-sodium, canned, cream style corn makes this bread moist and tender.

Tip: Our can also serve canned cream style corn heated as a side dish or use in a variety of main dishes, soups, breads, and muffins.

Ingredients

- 1 **cup** cornmeal
- 3/4 **cup** flour
- 1 small onion (chopped)
- 1 **can** low-sodium cream style corn (14 3/4 ounces)
- 1 egg
- 1/2 **cup** low-fat milk
- 1/4 **cup** oil

Directions

1. Preheat oven to 400 degrees F.
2. Spray a 12-cup muffin pan or a 8x8-inch or 9x9-inch pan with nonstick cooking spray.
3. In medium size bowl, mix together cornmeal, flour, sugar, baking powder, and salt.
4. Add cream style and regular corn, margarine, milk, and eggs. Pour into the flour mixture; stir just enough to blend.
5. Place in pan and bake for 15 to 20 minutes or until a toothpick or fork inserted in the

Recipe provided by Cooks.com.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	320	
Total Fat	11 g	
Protein	7 g	
Carbohydrates	51 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	110 mg	

